

A Morning Resolve.

I will this day try to live a simple, sincere, and serene life; repelling promptly every thought of discontent, anxiety, discouragement, impurity, and self-seeking; cultivating cheerfulness, magnanimity, charity and the habit of holy silence; exercising economy in expenditure, carefulness in conversation, diligence in appointed service, fidelity to every trust, and a childlike trust in God.—Bishop John H. Vincent, at the Chautauqua Woman's Club.

CAN'T CHANGE QUALITY OF A COW'S MILK.

"My cow gives a large quantity of milk, but it is not rich. What can I do to improve the quality of her milk?" The above question is asked. It has been asked and answered several times through this paper. A cow's milk cannot be improved materially by feeding. The flow or quantity can be increased by proper feeding, as every one knows, but the quality of her milk is inherent, as much so as the hoof or color of her hair. If feeding determined the quality of milk, then the cows on the same bluegrass pasture, or fed the same food, should all give identically the same grade of milk, but everybody knows they do not. There is a difference in the quality of milk given by every cow in the field. Experiments, as well as observations, have proved this to be true long ago. A cow may not give the same quality of milk all the time. Just after coming fresh the flow of milk is greater but not quite so rich as later, and the "strippings" are richer than the first. Some dairymen throw away the first from each teat around. All this has nothing to do with the feeding question as to quality of milk. If your cow is not naturally a "good butter cow," she can't be made such by feeding. The color and taste, but not the grade, of milk may be changed by the food the cow eats.

These facts have been established long ago. Still some people do not accept this conclusion as true. They don't believe it.

MR. SLEMP'S "BURNING QUESTION."

In his reply to Mr. Irvine's letter, Mr. Slemp, his opponent, asking this striking and wonderful question: Has the Democratic administration been a success or has it been a failure? Does it meet with the approval of the people of the Ninth District, or does it meet with their disapproval? That question is the principal one to be settled in the coming congressional campaign.

So, whether the Democratic administration has been a success or a failure is to be decided by the people of the Ninth, in November. Special attention of those in doubt, is called to this statement. The success or failure of Mr. Slemp's campaign will forever decide the question as to the success or failure of Mr. Wilson's administration, and so history will record. If Mr. Slemp is elected the administration has been and is a failure. If it meets with the disapproval, and Irvine is defeated, that act will stamp all that has been done by Congress in its two years of work as a prodigious failure. If the election shall go against Mr. Slemp, and in favor of Mr. Irvine, that act, on the other hand, will stamp the administration as a success. Wonderful! Great is Mr. Slemp, and of great importance is the coming election!

So far as Mr. Slemp and his followers are concerned, the question is already decided, and an election is not necessary thereto. He has already decided that it has been and is still, a great "failure." Was not this question thrashed out by the brilliant coterie of great orators and statesmen who met recently in Bristol? Did they not declare there that "the opposite" of what Democrats do is the thing to be done? Of course they did, and that settled it. The "administration," in the estimation of Mr. Slemp and his cabinet "ministers," is a great failure. It has been so decreed and declared, (for political purposes) by Mr. Slemp, and a few of his cohorts in the Ninth.

However, the "people" of the Ninth district will demand evidence more conclusive, that the administration has been a failure, than the simple, unsupported dictum of Mr. Slemp and his cabinet. To say a thing is true and to prove it up by facts, is not always an easy thing to do. And this proof must come from credible witnesses, not disgruntled, pie-hungry politicians. Let a majority of the farmers—sheep growers, cattle grazers and stockmen generally, merchants, et cetera, with all the facts before them, give an unbiased, intelligent, patriotic opinion, and Mr. Slemp will hear something which may not be pleasing to his political

taste. According to his letter, his campaign will be waged upon the supposition that the Democratic administration has been a failure. His campaign is to be a calamity howl—a muck-raking one—one of destruction. He would, and will, of course, exert all his ability to show that the administration at Washington has been run by a lot of incompetents or by a lot of looters. That the great tariff question, the currency the Mexican question, the Panama tolls question and other questions and measures of world wide importance, were all a mistake, and that the country should, as speedily as possible, repeat all of them, and return to the good old times of Republican trusts and monopolies, when the government was run in the interest of a few men in the United States. This, it is, and must be, the program, according to that wonderful production, the Bristol platform. Great is Mr. Slemp and his Cabinet!

MR. OWEN MISINFORMED.

Mr. Ben P. Owen seems to have been misinformed as to the position held by many leading men in the State, as to the Local Self Government business. He has addressed a number of men, saying, as in the case in point, "Your name has been given us, among others, as being in sympathy with the cause and efforts of the Virginia Association for Local Self Government," etc., accompanying this statement with a pamphlet, "Facts For Consideration," etc. Mr. Geo. W. St. Clair, and perhaps others here, have received the same stereotyped letter. Who gave Mr. Owen Mr. St. Clair's name, as one "in sympathy" with said Aid Society of the liquor interest in this State? Mr. Owen is wasting time and money through misinformation. Mr. St. Clair replies to Mr. Owens letter, as follows:

TOBACCONISTS AGAINST PROHIBITION.

The latest attempt to muddy the waters in the statewide fight comes from Richmond, the city becoming famous in the manufacture of original ideas of municipal and state reform. The latest is from the tobaccoists. They have discovered that the Anti-Saloon and Temperance people of the State are quietly and under cover, laying the foundation for a campaign against the use of tobacco. The tobaccoists of Richmond who have made this discovery, have sent notices to tobacco growers and manufacturers, warning them of the danger ahead, holding that a vote for statewide prohibition is, or will be ultimately, a vote against the use of tobacco in this State. The devil is working overtime to manufacture lies to use against statewide prohibition, and this is his latest.

PROHIBITION PROHIBITING.

Visitors here last week from Bluefield, and other parts of West Virginia, stated that little if any difference can be noticed since prohibition went into effect, except the absence of the usual crowds hanging around where there used to be saloons. Every house in Bluefield, vacated by the saloons, has been recaptured by some other business, and everything is moving on. There is a rumor that the police force in Bluefield will be reduced in number. There is some little trouble now and then caused by "booze-fighters" from Pocahontas, but these are promptly disposed of by the Bluefield police.

The law-abiding citizens of Bluefield, the police and other officers, have shown a determination to enforce the law, and they will. If the law is a bad one no better way to get rid of it can be devised than to enforce it, somebody has said. The people of Virginia and West Virginia will never allow it to be said that any law, passed by their legislature, cannot be enforced.

Prohibition is prohibiting in West Virginia, and other States, already, as efficiently as the law against murder, stealing or pistol-toting, or any other crime is prohibiting, and any denial of this fact is the result of willful ignorance or wilful cussedness.

The Harrisonburg News is walking around with its thumbs in the armpits of its vest, and its cigarette tilted at an angle of about so many degrees, because Rockingham headed the list of petitioners to the Governor to call the September election. We herein remind this pompous publication that there are others. Washington county, in the Ninth district, was next, and Tazewell next. So, here's to you! Put us down on the list. We are with you. Not tipple-toppers, but tip-toppers.

Now, while our contemporary has "its courage up" to the fighting point it is to be hoped that Rockingham's shame and disgrace may be wiped out. It is common rejoyt that Harrisonburg is not only soaked, but is flooding Augusta and Staunton—dry territory—with liquor. We have a similar "plague spot" here which will be fixed all right in September.

ATTENTION, VOTERS!

Not Local Option.  
The issue before the voters in the state on the statewide prohibition question, is not local option. Keep this in mind. The ticket will read: For Statewide prohibition. Against Statewide Prohibition.

The impression is sought to be made that the question to be decided is between Statewide Prohibition and Local Option, and thereby deceiving or confusing the voter. Local option does not enter in at all. It is a simple question, for or against the sa-

loon business. The voter will draw his pencil through the one he does not wish to vote for. For example, if the voter wishes to vote for Statewide Prohibition he will draw a line through and mark out the line which reads "Against Statewide Prohibition," and leave the line "For Statewide Prohibition," unmarked. Don't be misled. Local option has nothing to do with this election. The Virginian says, on this subject:  
"Local option is not in the issue, or even remotely the part of an issue. The legislature acted with full knowledge of what it was doing when it passed the bill providing for the calling of an election. It decided specifically and by separate vote that it was not calling an election in which there would be a choice between local option and Statewide prohibition, but an election on the very existence of the saloon anywhere in the State. It specifically provided for a ballot reading, 'For Statewide Prohibition,' or 'Against Statewide Prohibition,' and the very persons and papers that are now prating so loudly about local option as an issue recognized at the time the enabling act was passed that in this matter of the ballot they had been defeated."

DOG DAYS.

These dog days are hot enough and dry enough, to be sure, and the first man who hints even, that the old swimming hole is full, deep and clear under the overhanging willows and wild grape bushes, down in old Botetourt, will be swatted with a swat, such as never was, and not with one of these new-fangled fly-swatters, either.

THE APOSTLE OF DISCONTENT.

Mr. Slemp proposes to make his campaign upon the defects and failures of an administration of which he is a part.

If there have been real defects in the Wilson administration the people of the country will not object to having them pointed out and exposed. We correct our mistakes and abandon our sins by having them charged home upon us, and the better way pointed out. If Mr. Slemp is sincere in his statements that the Democratic administration has been and is a failure, and can suggest a better way, then he should be welcomed, in fact, invited to every corner of population, not only in his own district, but all over the country, and given a careful hearing. We feel sure that all honest citizens of this section, of all political creeds, will prove interested hearers. He should be sure of his ground and prepared to point out clearly not only the mistakes of Wilson, but offer a better and more effectual way. On the other hand, is Mr. Slemp only the Apostle of discontent? Will he assume the role of the selfish, scheming political office-seeker, and adopt as his slogan, "Do the opposite—anything to win"? Will he aim to create a feeling of discontent where none exists and where he knows none should exist, in order to forward his own interest by holding a seat in Congress which heretofore has brought its greatest good to himself? To preach discontent where there is no discontent is as wrong as to cry "peace, peace, when there is no peace." To attempt to carry an election by stirring up, as with a muck-raker's instinct for bad smells and foul odors, is beneath the dignity even of a cheap politician, to say nothing of that of a patriotic statesman and member of Congress.

What would be thought of a physician who should try to persuade everyone he met that they were sick and needed treatment at once, and at the same time solicit their patronage? Practically this is exactly what is done by office-seekers who howl calamity in times such as we are having now. In times when a great epidemic is sweeping the country and killing scores and hundreds, it is not only the right but the duty of the physician to busy himself in every way, in order to relieve suffering and save life, but to cry pestilence and contagion when everybody is in good health, would be reprehensible and criminal, as well as degrading. The preachers of discontent are treading on, at least, doubtful territory. It is easy to criticize and howl, and the public official who criticizes and howls should be sure of his ground. It is not impossible to persuade some people that they are sick when they are not. Little skill is necessary. Just keep at it, repeat it often enough and with proper emphasis and show of sincerity and exaggerated coloring, and before the victim is aware of it he is sick abed. In this manner panics are produced, and at this game the Republicans are playing now.

On the other hand Mr. Irvine is the Apostle of Optimism and Content. He will make his campaign one of cheerfulness and hopefulness. He will tell the people that the Wilson administration is not only not a "failure," but a stupendous, almost inconceivable success. And his declarations will be backed up by facts and figures, and the unsolicited opinions and affirmations of leading men and newspapers of all political parties in this country and from over the seas as well. He will preach the gospel of good cheer. There will be no pessimistic note. His speeches will ring loud and clear as he calls the patriotic men of the mountains to stand squarely by the great man at the head of this great government, and if they are not cajoled and deceived by the Apostle of Discontent, will heed the call.

It is fashionable these days to wear dresses cut discollete at both extremities.

**That Weak Back**  
accompanied by pain here or there—extreme nervousness—dizziness—may be faint spells—or spasms—all are signals of distress for a woman. She may be growing from girlhood into womanhood—passing from womanhood to motherhood—or later suffering from that change into middle life which leaves so many wretched women. At any or all of these periods of a woman's life she should take a tonic and receive prescribed for such cases by a physician of vast experience in the diseases of women.  
**DR. PIERCE'S Favorite Prescription**  
has successfully treated more cases in past forty years than any other known remedy. It can now be had in sugar-coated, tablet form as well as in the liquid. Sold by medicine dealers or trial box by mail on receipt of 50 cents in stamps.  
Miss Elizabeth Lardahl of Berkeley, Cal., in a recent letter to Dr. Pierce said: "I was completely broken down in health, I was aching and had pains all over my body and was so nervous that I could scarcely talk to me, but I had the good fortune to meet a nurse who had been cured by Dr. Pierce's Prescription. I have never had an occasion to consult a physician since—am in excellent health."  
Dr. Pierce's Pleasant Pellets regulate stomach, liver and bowels—sugar-coated, tiny granules

THE BOYS HAVE SWORN OFF.

John W. Gillespie, the well known Justice, asks us to publish the following by special request of the parties concerned. He says:  
Editor of the Clinch Valley News,

Dear Friend:—Thomas Howery and John Bundy's boy, a brother of Edd and Frank, (Harry) swore off before me today from drinking liquor for one year and want me to ask you to publish it in your next issue. Do this for them and me. Signed,  
J. W. GILLESPIE, J. P.  
Nor. Tazewell, July 27th.

The boys have done the right thing—to swear off. "Swearing off" is better than "tapering off." The taste or thirst for liquor will soon disappear, particularly with young men, if they will starve it out a while. The desire for drink, like any other desire, lives by being fed and nourished and will die of starvation if not fed. Some men quit spare on without any help. We all know of men who stopped years ago of their own wills. Other men find it helpful to sign pledges, "swear off," as these young men have done, and have their oaths made a matter of public record. Let no man offer to "treat" these young men or any other young men, or in any manner put the temptation to "break over" in their way, but rather give them moral support. Pity the man, young or old, who is a slave of liquor! He may never get drunk, but he is a slave just the same and to that extent is unfit for the real duties and responsibilities of life, and moreover, even a drink or two of liquor has caused great sorrow and trouble right here in this town—troubles and sorrows unknown in many instances, to the public.

Another man, who has been almost wrecked by drink, and his family as well, said the other day that he hadn't touched a drop for nearly six months, and never expected to again. Heaven help him and these two young men and all others who are trying to lead the better life!

**Bryan the Moralist.**  
Mr. Bryan says he regards the opportunity of addressing his fellow-Americans in the chautauqua frame of mind" as one of the greatest any patriotic American could ask. We believe not only that Mr. Bryan is sincere, but that the service he does with his vitalized platitudes is enormous. He comes to men and women who do not want sophistication or brilliance or profundity, but who are eager for the energized morality of this evangelist.

Bryan is a great preacher of great usefulness. The chautauqua platform is his pulpit. He is all the vitalized maxims of the world's experience in morality and justice. He can give his auditor a law of life dated from the first dawn, but seemingly just come to life and meaning. Generally when he writes, the word is dead. He is alive to grace and a stranger to form, but with the personal Bryan behind the word, it is magnetic.—Chicago Tribune.

Alfalfa Hay for Horses.

Alfalfa is going to run that old robber, timothy, out of business as soon as people find out its value, and consult the wishes and welfare of their horses. They are learning. I sold Swift & Co. a 2ton load of alfalfa recently for \$50. The Standard Oil Co. not long ago bought a carload of alfalfa hay for their horses in Indianapolis. I sold the Indianapolis Water Co. a rick of over 1-2 tons of alfalfa hay for their horses. Kingan & Co. at one time shipped a carload of alfalfa from Denver for their big horses. The Henry Coburn Storage and Warehouse Co. buys all the alfalfa hay which they can get at a fair price. This company and the Indianapolis Coal Co. 50th offered \$20 per ton for alfalfa hay. I mention these facts to show how people are slowly but surely being educated to the use of alfalfa hay. Last Week I told a livery stable man to give my mare a small bundle of alfalfa hay that I had in the buggy, and asked him if he ever fed any alfalfa. He said he had not and I told him to try it. When I returned at night the stable owner told me that his mules had quit eating their corn to eat the alfalfa hay at noon.

I hope soon to see the day when farmers will raise what the city buyer needs, not what he wants to buy. The city buyer and many farmers are prejudiced against alfalfa, and feed straight timothy from ignorance, but they will learn better.  
I have fed my hogs all winter on fourth crop alfalfa hay, and a little corn. My horses are now breaking stiff bluegrass sod in order to sow more alfalfa. They stand the hard work splendidly with no grain at all, but with only alfalfa hay. Last year on account of the flood I paid \$24 per ton for alfalfa hay and hauled it, when I was offered timothy delivered at \$12 per ton. I cultivated 30 acres of corn and put up my hay crop, feeding alfalfa hay alone. No grain of any kind was fed.—J. N. Shirley, in the Breeder's Gazette.

SCIENTIFIC DISCOVERY.

A Vegetable Element that is Rapidly Doing Away With the Use of Calomel Jackson's is one of the first progressive concerns to offer for sale the new system of medicine that is fast supplanting the use of old-fashioned calomel as a liver medicine.

Nearly everyone knows how easily the liver becomes sluggish in this climate and how this sluggishness effects not only all the other physical organs but the mind as well. The signal towers of this dread condition, which some call malaria, are coated tongue, lack of energy, dull eyes, constipation, sallow complexion. Taken with regularity this proven scientific liquid vegetable medicine in the form of CERSWELL'S LIVER-AID will prevent or promptly relieve all liver troubles.

On sale under money guarantee by Jno. E. Jackson.

Stops Neuralgia—Kills Pain.

Sloan's Liniment gives instant relief from Neuralgia or Sciatica. It goes straight to the painful part—soothes the nerves and stops the pain. It is also good for rheumatism, sore throat, chest pains and sprains. You don't need to rub it—it penetrates. Mr. J. R. Swinger, Louisville, Ky., writes: "I suffered with quite a severe Neuralgic headache for four months without any relief. I used Sloan's Liniment for two or three nights and I haven't suffered with my head since." Get a bottle today. Keep it in the house all the time for pains and all kinds of ailments. 50c., and \$1.00 at your Druggist's.

Bucklen's Arnica Salve for all sores

TRUSTEE'S SALE.

I will offer at public auction at the saw mill site of R. S. Brooks, in Thompson Valley, Va., on Friday, July 31, 1914, the following property:  
One 15-horse power Frick Engine and boiler on wheels.  
The same being the property conveyed to me as Trustee to secure the Frick Company by deed dated the 31st day of March and year of 1913, and recorded in the Clerks office of Tazewell county. Sale at 2 o'clock. Terms, cash.  
A. B. BUCHANAN, Trustee.

Jewelry And Watch Repairing

Your watch should be kept in good running order, else it will soon be of little use to you. Bring it in today and have it made dependable. Watches, Clocks, Jewelry, Etc., are here in good assortment.  
**J. W. WHITLEY**  
NORTH TAZEWELL, VA.

NOTICE TO CREDITORS.

Any and all persons holding debts and claims against the estate of James D. Harrison, deceased, are hereby notified that they must present and prove same before H. Claude Kobst, Commissioner in Chancery, on or before August 5th., 1914.  
A. S. HIGGINBOTHAM,  
Executor of Jas. D. Harrison  
7-24-2t.

FOR SALE AT A BARGAIN.

A lot of counter show-cases—all glass.  
JNO. E. JACKSON,  
Tazewell, Va.

FRESH COWS WANTED.

WANTED:—To buy four or five cows that will fresh August and September. Milk bred, 4 to 6 years old. Nothing but good ones wanted.  
EAST RIVER MOUNTAIN DAIRY,  
H. C. PEERY, Prop.,  
Bluefield, W. Va.

NOTICE.

G. A. French and W. M. Kirk, vs. William A. Crabtree, Rebecca Patrick, L. L. Patrick, Mary D. Wyatt, Thomas P. Wyatt, Emily L. Goodwin, William F. Goodwin, Ida V. Patrick, James Patrick, H. M. Scott, Georgia A. Scott, William R. Scott, Ida R. Scott, Albert G. Scott, William E. Hill, and Ida May Heintinger, the last named being an infant.  
The object of the above styled suit is to have partitioned among the parties entitled thereto all the land situated in 1907 valley, in Tazewell county, Virginia, of which Thomas S. Crabtree died seized and possessed, and the appearing by affidavit filed according to law that H. M. Scott, Georgia A. Scott, William R. Scott, Ida R. Scott, and Albert G. Scott, the above named defendants, are not residents of this State, it is therefore ordered that the said H. M. Scott, Georgia A. Scott, William R. Scott, Ida P. Scott and Albert G. Scott, do appear within fifteen days after the publication of this order, in the Clerk's Office of said Circuit Court, and do what is necessary to protect their interests; and it is further ordered that this order be published once a week for four successive weeks in the Clinch Valley News, a newspaper printed in the county of Tazewell, Virginia, no newspaper being prescribed by order of said Circuit Court, the newspaper hereby directed.  
Teste:  
G. W. GREEVER, Cler.  
Greever, Gillespie & Divine, p. q.

Final Proceedings of the W. M. U.

This paper went to press last Friday morning while the Woman's Missionary Union was still in session. The closing day was the most interesting of the session. It was crowded with work, but the Superintendent, Miss Maynard, kept things moving along at a rapid pace, yet orderly and effectively. A number of the ladies left on each out-going train on Friday. Miss Maynard, the Supt., remained over until Saturday morning. A few more facts of this closing day should be interesting.

Miss Maynard, the superintendent, brought a message to the W. M. U., showing what the Union had done in the past, urging it not to be satisfied with past achievements, but to "go forward,"—true to its motto—sounding the "Kingdom Note," never failing to inspire the missionary effort with God's truths concerning the "Glad Kingdom Day," until the Master shall welcome His servants home.

She was followed by Miss Alice Everyone rejoiced at the surprisingly good news that the W. M. U. had contributed to all missionary objects \$1313.46, besides a neat sum given for miscellaneous purposes. Taylor, a quiet, bright little woman, of Richmond, who has charge of the young people's work in the State. She made a fine address, emphasizing the importance generally of a better training for the young in the church work, and also the fact that the Woman's Missionary Societies were neglecting the boys. She urged that more attention be given the boys of the Sunday school and church.

There was an appropriate solo by Miss Reynolds, and a song and recitation by a number of little Sunbeams from Bluefield, bright little girls. Mrs. Wade Crawford, of Honaker, recited a story, entitled, "Mrs. Ray's Missionary Party," which is to be known as "Royal Service" after October; also brought before the women the necessity of subscribing for the "Home Field," the "Foreign Mission Journal," and the "Religious Herald," if they would attain efficiency. Mrs. R. A. Henderson of the Buchanan Mission School, spoke in her usual graphic manner on "Education in Evangelization," pleading with the W. M. U. for the support of two students in the school this year. Formal action was taken, and the body voted to appropriate \$180 to the Buchanan Student Fund. Individuals and societies pledged \$84.

Mrs. Henderson is the wife of and assistant to the Principal of the Buchanan Baptist Mission School. She is a woman of fine presence and culture. She is a trained elocutionist, evidently, and her address was forceful and impressive. Somebody remarked, "She can beat her husband speaking."

Mrs. Henderson stated that there are 35,000 Hungarians in the coal fields in the west end of the territory. The Baptists have a Hungarian minister preaching in that section.

Miss Ollie Clarke presented what the State Mission Board is doing for Virginia, and proved why the Board should have our support. With song and prayer, the thirteenth annual meeting of the New Lebanon W. M. U., passed into history, recording the most successful year since its organization. Adjourned to meet in 1915 with the Lewis Creek church, at Honaker, time to be named by the Superintendent.

During the afternoon there was an election of officers for the ensuing year, the names of which were published in the last issue of this paper.

The ladies all expressed themselves as "perfectly charmed" with Tazewell, and the people of Tazewell were no less charmed with the visitors. There were quite a number of bright young girls and boys from the Baptist Sunbeam and other societies in Bluefield and elsewhere.

One of the interesting young women present was Miss Shumate, who goes as a missionary to China, in October. She made an interesting address on the work of the Training School of the Baptists, at Louisville, where she has been a pupil for several years.

The New York World summarizes a lengthy interview with Secretary McAdoo, as follows:  
The Treasury Department will, if necessary, again deposit Government money in the banks to assist in moving the crops and to help every kind of legitimate business.

The financial condition of the country is exceptionally sound.  
The revenues of the country are not dwindling; they are increasing.  
The Treasury has a surplus of \$33,000,000, and its gold holdings have increased \$17,000,000.

We shall in time have 100 per cent. in gold behind the greenbacks.  
No necessity for an issue of Government bonds, even for the Panama Canal, is in sight.

New Federal reserve system, very soon to be put into operation, promises a wonderful period of financial stability.  
Methods of collecting the income tax will be simplified this year.

There will be no tinkering of the tariff.  
The passage, not the postponement, of anti-trust legislation will establish confidence.

Prodigious crops are beginning to move, and business stimulation is already reported from nearly every section of the country.  
Enactment of the right corrective measures now will put agitation to sleep and give business the rest it craves.

There is no excuse at this time for "nervous systems."  
We can face the future with absolute confidence.

A CONFESSION

Hopes Her Statement, Made Public, will Help Other Women.

Hines, Ala.—"I must confess," says Mrs. Lula Mae Reid, of this place, "that Cardui, the woman's tonic, has done me a great deal of good."

Before I commenced using Cardui, I would spit up everything I ate. I had a tired, sleepy feeling all the time, and was irregular. I could hardly drag around, and would have severe headaches continuously.

Since taking Cardui, I have entirely quit spitting up what I eat. Everything seems to digest all right, and I have gained 10 pounds in weight!

If you are a victim of any of the numerous ills so common to your sex, it is wrong to suffer.

For half a century, Cardui has been relieving just such ills, as is proven by the thousands of letters, similar to the above, which pour into our office, year by year.

Cardui is successful because it is composed of ingredients which act specifically on the womanly constitution, and helps build the weakened organs back to health and strength.

Cardui has helped others, and will help you, too. Get a bottle today. You won't regret it. Your druggist sells it.

Write to: Chattanooga Medicine Co., Ladies' Advisory Dept., Chattanooga, Tenn., for Special Instructions on your case and 64-page book, "Home Treatment for Women," sent in plain wrapper. NC 120

CITROLAX

Give it to the Children.  
Finest physic in the world for children. They love to take it—it tastes like lemonade. It is mild—and suits their sensitive organs. It is tho-cleansed, sweet and wholesome. It does the same for grown-ups, too. An ideal laxative.

FIRE



It comes when least expected and in the short space of one hour may wipe out the savings of a lifetime.

See that your insurance is in an established agency, and that the company whose policy you hold is a strong, reliable one.

The gigantic resources of our companies guarantee the liberal fulfillment of their obligations.

The Clinch Valley Insurance Agency, Inc., representing .28 companies, with assets of more than \$300,000,000.

Clinch Valley Ins. Agency

THE LATEST WALL PAPER.

Just received a factory line of wall paper, at 5c the roll and up. Open for your inspection.  
J. Frank Alexander.

EGGLESTON SPRINGS HOTEL

(Old New River White Sulphur.)  
Eggleston, - Virginia.  
This famous old resort is now open for the second season under new management. New buildings, newly equipped throughout; 75 rooms, hot and cold water, bath rooms, etc. Elevation 2000 feet. Cool nights, good fishing, boating, dancing, bowling, and other amusements. Scenery unsurpassed. Accessible by N. & W. and Virginian, railroads. Rates reasonable. Write for descriptive circular. E. M. PETERS, Manager.

There is not a Farmer in

Tazewell County

or

Any County Adjoining It

That would not be benefitted a full dollar's worth for every cent that it costs for a subscription to

THE NATIONAL STOCKMAN AND FARMER

World's Greatest Farm Paper

It is the best all around farm and live stock paper published and should be in the hands of every up-to-date farmer in this country. It has a department for every phase of farming, which is edited by a practical farmer.  
It comes weekly, has from 24 to 40 pages, and has the latest and most accurate market reports for everything that is produced on the farm.  
It will be sent to every one on Jan. 1, 1915, (every week), for onl 50c in postage stamps or any old thing that stands for money. A quick response will get you the biggest bargain you ever bought. Address

The National Stockman & Farmer,

East End, PITTSBURGH, PA.

Children Cry FOR FLETCHER'S CASTORIA Children Cry FOR FLETCHER'S CASTORIA